



Zimowe Mistrzostwa Polski Juniorów Młodszych 14 lat w pływaniu
Poznań, 8. - 10.12.2023

Konkurencja 11
2023.12.08 - 11:12

Dziewcząt, 400m zmienny

14 lat
Wyniki Eliminacje

Rekord Polski 14 lat 4:43.77 KNOP Aleksandra POL Łódź 2017.12.22

Punkty: FINA 2023

Pozycja			Rok ur.							Czas	Pkt.	
1.	DUDEK Lena		09	CSiR MOS w D browie Górnicy						5:05.95	606	A
	50m:	31.12 31.12	150m:	1:47.48	39.28	250m:	3:09.60	42.46	350m:	4:30.31	37.49	
	100m:	1:08.20 37.08	200m:	2:27.14	39.66	300m:	3:52.82	43.22	400m:	5:05.95	35.64	
2.	KAPKA Antonina		09	CSiR MOS w D browie Górnicy						5:06.68	601	A
	50m:	32.27 32.27	150m:	1:50.48	40.17	250m:	3:12.07	42.16	350m:	4:31.70	36.64	
	100m:	1:10.31 38.04	200m:	2:29.91	39.43	300m:	3:55.06	42.99	400m:	5:06.68	34.98	
3.	KUCZMAR Aleksandra		09	UKP „Polonia Warszawa”						5:11.36	575	A
	50m:	33.15 33.15	150m:	1:50.61	38.92	250m:	3:13.31	42.76	350m:	4:36.01	36.15	
	100m:	1:11.69 38.54	200m:	2:30.55	39.94	300m:	3:59.86	46.55	400m:	5:11.36	35.35	
4.	BOGIELCZYK Natalia		09	KS Neptun widnica						5:18.13	539	A
	50m:	33.50 33.50	150m:	1:54.75	43.32	250m:	3:22.59	45.00	350m:	4:43.68	35.99	
	100m:	1:11.43 37.93	200m:	2:37.59	42.84	300m:	4:07.69	45.10	400m:	5:18.13	34.45	
5.	CHAŁUPKA Amelia		09	MKS Piaseczno						5:18.34	538	A
	50m:	34.67 34.67	150m:	1:56.02	41.83	250m:	3:21.30	45.13	350m:	4:44.02	36.76	
	100m:	1:14.19 39.52	200m:	2:36.17	40.15	300m:	4:07.26	45.96	400m:	5:18.34	34.32	
6.	GORZKIEWICZ Łucja		09	UKS „GIM 92 Ursynów”						5:20.06	529	A
	50m:	36.12 36.12	150m:	1:58.84	41.43	250m:	3:22.75	43.56	350m:	4:44.82	37.38	
	100m:	1:17.41 41.29	200m:	2:39.19	40.35	300m:	4:07.44	44.69	400m:	5:20.06	35.24	
7.	ZI TEK Julia		09	UKP „Rudańska”						5:20.83	525	A
	50m:	32.49 32.49	150m:	1:54.61	42.27	250m:	3:23.26	47.69	350m:	4:46.39	34.87	
	100m:	1:12.34 39.85	200m:	2:35.57	40.96	300m:	4:11.52	48.26	400m:	5:20.83	34.44	
8.	GRYKO Patrycja		09	KS Poznań						5:21.39	522	A
	50m:	31.98 31.98	150m:	1:51.65	41.31	250m:	3:20.19	46.92	350m:	4:45.49	37.72	
	100m:	1:10.34 38.36	200m:	2:33.27	41.62	300m:	4:07.77	47.58	400m:	5:21.39	35.90	
9.	STY Zuzanna		09	UKP „Polonia Warszawa”						5:21.99	520	A
	50m:	32.59 32.59	150m:	1:55.91	43.32	250m:	3:22.57	44.40	350m:	4:47.27	39.27	
	100m:	1:12.59 40.00	200m:	2:38.17	42.26	300m:	4:08.00	45.43	400m:	5:21.99	34.72	
10.	SOBOLAK Gabriela		09	UKS „GIM 92 Ursynów”						5:22.68	516	A
	50m:	35.41 35.41	150m:	1:58.73	41.14	250m:	3:23.59	43.77	350m:	4:46.30	38.08	
	100m:	1:17.59 42.18	200m:	2:39.82	41.09	300m:	4:08.22	44.63	400m:	5:22.68	36.38	
11.	ROZWADOWSKA Karolina		09	SKS 137 Delfin Łódź						5:37.06	453	B
	50m:	37.72 37.72	150m:	2:05.38	44.02	250m:	3:33.57	45.06	350m:	4:59.43	39.17	
	100m:	1:21.36 43.64	200m:	2:48.51	43.13	300m:	4:20.26	46.69	400m:	5:37.06	37.63	
12.	FTARA Maja		09	MKS "IKAR" Stal Mielec						5:37.43	451	B
	50m:	33.38 33.38	150m:	1:57.25	43.93	250m:	3:27.60	47.62	350m:	4:58.44	43.41	
	100m:	1:13.32 39.94	200m:	2:39.98	42.73	300m:	4:15.03	47.43	400m:	5:37.43	38.99	
13.	BANIAK Pola		09	BOSiR Brzesko						5:38.98	445	B
	50m:	33.89 33.89	150m:	2:00.61	44.61	250m:	3:30.63	46.83	350m:	5:00.69	41.89	
	100m:	1:16.00 42.11	200m:	2:43.80	43.19	300m:	4:18.80	48.17	400m:	5:38.98	38.29	
14.	KOSI SKA Olga		09	UKS Aquatica Pawłowice						5:40.74	438	B
	50m:	36.53 36.53	150m:	2:01.72	43.74	250m:	3:32.60	47.32	350m:	5:02.27	42.66	
	100m:	1:17.98 41.45	200m:	2:45.28	43.56	300m:	4:19.61	47.01	400m:	5:40.74	38.47	
15.	PATYRA Joanna		09	UKS SP-149 Łódź						5:46.54	417	B
	50m:	36.47 36.47	150m:	2:06.88	46.89	250m:	3:38.28	45.67	350m:	5:06.66	41.76	
	100m:	1:19.99 43.52	200m:	2:52.61	45.73	300m:	4:24.90	46.62	400m:	5:46.54	39.88	
16.	JAROS Martyna		09	KS Neptun widnica						5:47.26	414	B
	50m:	38.27 38.27	150m:	2:09.29	45.60	250m:	3:39.11	46.97	350m:	5:09.52	41.02	
	100m:	1:23.69 45.42	200m:	2:52.14	42.85	300m:	4:28.50	49.39	400m:	5:47.26	37.74	
17.	MUDZI SKA Milena		09	KS Barrakuda Gdańsk						5:58.05	378	B
	50m:	36.73 36.73	150m:	2:10.28	46.64	250m:	3:48.23	51.73	350m:	5:20.37	39.13	
	100m:	1:23.64 46.91	200m:	2:56.50	46.22	300m:	4:41.24	53.01	400m:	5:58.05	37.68	



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Pozycja	Rok ur.								Czas	Pkt.		
18.	NIEDZWIECKA Judyta								6:03.96	360 B		
	50m:	38.57	38.57	150m:	2:12.34	46.95	250m:	3:48.50	50.32	350m:	5:22.43	42.82
	100m:	1:25.39	46.82	200m:	2:58.18	45.84	300m:	4:39.61	51.11	400m:	6:03.96	41.53
19.	SZMYD Karolina								6:06.85	351 B		
	50m:	39.90	39.90	150m:	2:15.99	47.85	250m:	3:51.57	48.85	350m:	5:25.13	43.79
	100m:	1:28.14	48.24	200m:	3:02.72	46.73	300m:	4:41.34	49.77	400m:	6:06.85	41.72
20.	SZEWCZYK Amelia								6:12.71	335 B		
	50m:	40.49	40.49	150m:	2:18.56	48.74	250m:	3:56.69	50.46	350m:	5:31.40	43.15
	100m:	1:29.82	49.33	200m:	3:06.23	47.67	300m:	4:48.25	51.56	400m:	6:12.71	41.31